

PURPOSE: TO PROVIDE
CURRENT INFORMATION
TO ALL DMH EMPLOYEES.

Mission of DMH:

Prevention,
Treatment, and
Promotion of
Public Understanding
for Missourians with
mental illnesses,
developmental
disabilities, and
addictions

Vision of DMH:

Hope * Opportunity

Community Inclusion

Missourians
receiving mental
health services will
have the
opportunity to
pursue their dreams
and live their lives as
valued members of
their communities.

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Director's Corner

The guest columnist is Patsy Carter, Ph.D. Clinical Director, Children, Youth and Families

What do the words "children's mental health" conjure up in your mind? A child or youth who may have some emotional, behavioral or psychiatric problem....therapy, medications and other interventions for children/youth with a diagnosis? Wouldn't it be great if those words instead brought to mind their literal meaning...socially and emotionally healthy children?

Our society has become fast paced and complicated; all of us face many more demands on our time. We hear constantly about an increase in youth and adults with depression, anxiety, substance use, and growing violence. We are bombarded with advertisements for different medications that can help us deal with these issues. Significant information is made available to us about how we should be actively supporting the physical health of our children through exercise, nutrition, stress reduction, immunizations, routine screenings and check-ups; but do we think about what we can do to promote the social and emotional well-being of our children? There is a growing body of research that supports that we can make a difference in our children's future by attending to their social and emotional development.

We know there is more need than resources available to help our children that are struggling with emotional, behavioral and psychiatric problems. Research tells us that the majority of children with these problems do not have access to the services they need. Perhaps we should focus on how we can stem the tide of increasing rates for suicide, substance abuse, depression, eating disorders and academic problems in our children by attending, and directing community resources, to their social and emotional well-being while still ensuring access to quality services. Promotion of social and emotional health and prevention efforts are typically inexpensive and have been shown to have a significant cost benefit ratio. Our communities, schools, and families can all play an active role in promoting not only the physical well being of our children but the social and emotional health. As we celebrate Children's Mental Health Week, let us think about how we can promote and improve the health and well-being of infants, children, adolescents, families and communities. Every child deserves a bright future; to be healthy, experience joy, have caring family and friends and believe that he or she can succeed in life.

Recovery: A Journey Taken Together

Mental Health Awareness Day 2009: *Recovery: A Journey Taken Together*, at the State Capitol on April 21st was a huge success.



Approximately 450 consumers and advocates converged on the Missouri State Capitol for educational opportunities and advocacy.

The event included a welcome from Helen Minth, Chair of the State Advisory Council; Robert Qualls, Mental Health Champion; and Dr. Joe Parks, Director of the Division of Comprehensive Psychiatric Services.

A workshop on *Citizen Advocacy: What You Need to Know* was presented by Cindi Keele, Executive Director of NAMI Missouri; Tim Harlan, Board President of NAMI Columbia; and Susan Crane Lewis, Executive Director Mental Health America of the Heartland.



Helen Minth, Chair of the State Advisory Council welcomes everyone

Health screenings for blood pressure and glaucoma were available. The first and third floor Rotunda of the Missouri State Capitol hosted 22 mental health and physical health related exhibits.



Mayme Miller welcomes the crowd on behalf of Gov. Nixon

The Capitol Steps speakers included Mayme Miller from Governor Nixon's Office, Senator Charlie Shields, Representative Sarah Lampe, Representative Rebecca McClanahan and Keith Schafer, Director of the Department of Mental Health.



Senator Charlie Shields speaks to the crowd



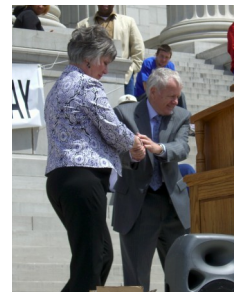
Dr. Schafer with representatives from each of the Media Recognition Awardees

Media Recognitions were presented to five organizations for their long-standing partnership with the department to reduce the stigma of mental illness through public education:

JCTV
KDHX TV
Time Warner Broadcasting
- Positive Profiles TV Show
Carter Broadcasting
KPRT Radio
KJFF Radio Festus

Congratulations to the recipients and thank you for your support of mental health.

Music was provided by the Lincoln University Marching Band and free pizza and ice cream for participants rounded out the celebratory event. Many individuals with mental illness and their families made appointments with their legislators to share their personal stories. Individuals participated with intensity and passion to help those suffering from mental illness. Members of the State Advisory Council for the



Dr. Keith Schafer welcomes Rep. Rebecca McClanahan

Division of Comprehensive Psychiatric Services, Lincoln University Cooperative Extension/Paula J. Carter Center on Minority Health & Aging, and DMH volunteers staffed the event to assure it ran smoothly.

Children's Mental Health Week Facts and Resources

- 20% of children suffer from mental health problems
- 190,000 children in Missouri experience mental health problems severe enough to impair functioning
- Less than 50% of children receive adequate services
- Suicide is the third leading cause of death for 10-19 year olds.

<http://www.brightfutures.org/onlinematerials.html>

<http://www.cdc.gov/ncbddd/child/default.htm>

<http://www.buildinitiative.org/content/social-emotional-development>

Gearing Up for the 2009 Consumer Conference

David Helling and Robert Qualls are co-chairing the 2009 "Real Voices—Real Choices: Expanding Our Vision" Consumer Conference in Osage, Beach, on August 23-25.

Everything from the planning to the workshops and presentations are guided by consumers. "This year is completely consumer planned. Consumers have said where they wanted to have the Conference, what speakers they wanted and what topics are important to them," said David Helling. "This Conference is the first step in implementing their wishes."

The topics that will be presented at the conference are from the consumer-led brainstorming session during last year's summit. The three main categories for the year are: Consumer Well-Being,

Building Leadership, and Consumer Rights and Responsibilities

"We have identified common goals and steps that, taken together, give us a better chance of succeeding," said Robert Qualls. "This is the first time as a family of people we're able to say, 'This is what we really need and we can do it!'"



Both David and Robert agreed that one of the main goals is to empower individuals with mental illness, developmental disabilities and addiction issues. They hope that consumers will leave the Conference with more knowledge and confidence in being their own advocates.

"Some people with disabilities may not have full-time jobs or other things to occupy their time, and this gives them a sense of purpose which is empowering," said David Helling. "Increased education and responsibility gives the consumers a sense of purpose."

This is the first time that consumers from all three divisions will be present for a consumer-led conference. For more information, please click on: <http://www.dmh.mo.gov/diroffice/consaff/ConsumerConference.htm>

Employee of the Month

Why is Melanie the EOM?

Melanie Bullard, Dietary Manager of Southeast Missouri Mental Health Center, goes the extra mile to ensure that all five dining rooms run smoothly. She is always looking for new menu ideas that she thinks the clients and employees will like.

She recently developed and implemented a 500-Calorie Menu to help ensure a nutritional meal schedule. She works several months on writing new menus for each of the seasons.



Melanie Bullard
Dietary Manager

Southeast Missouri Mental Health Center

Melanie considers all of the aspects and steps it takes to get a meal to the serving line and she does a great job multi-tasking.

What are Melanie's co-workers saying?

"Melanie can always come up with a solution to make things work."

"Her door is open to anyone that has a problem or just wants to talk. She is a great asset to dietary and Southeast Missouri Mental Health Center!"

"Melanie is always looking for new menu ideas that she thinks the clients and employees will like."

"She is open to any and all ideas that come her way."

Hains promoted to Assistant Superintendent of Marshall Habilitation Center

Roberta Hains has been promoted to the position of Assistant Superintendent of Habilitation at the Marshall Habilitation Center (MHC).

She has been employed at MHC since 1975 and her history includes a variety of positions.

Hains began her service in direct care, ultimately progressing to the positions of teacher III, unit program supervisor, unit manager and, most recently, quality assurance officer.

MHC Superintendent Mary Fangmann said, "She brings a great deal of knowledge and expertise to her new position and we look forward to her serving MHC in her new capacity."

Hains' administrative duties as Assistant Superintendent include compliance with all applicable state and federal standards and assuring treatment and habilitative services meet the needs for people with

developmental disabilities served by MHC.

Hains fills the position previously held by Karen Moss, who retired in January 2009.

Congratulations!

June is:

Fireworks Safety Month

Home Safety Month

For more information on the Director's Creativity Traveling Art Show in St. Louis on May 20, please contact:
Kalei Holder
Kalei.holder@dmh.mo.gov
(573) 751-8135

DMH DATES TO REMEMBER

- Children's Mental Health Week
May 3-9
- Truman's Birthday.....May 8
- Mothers Day.....May 10
- Director's Creativity Traveling Art Show in St. Louis.....May 20
- Memorial Day.....May 25